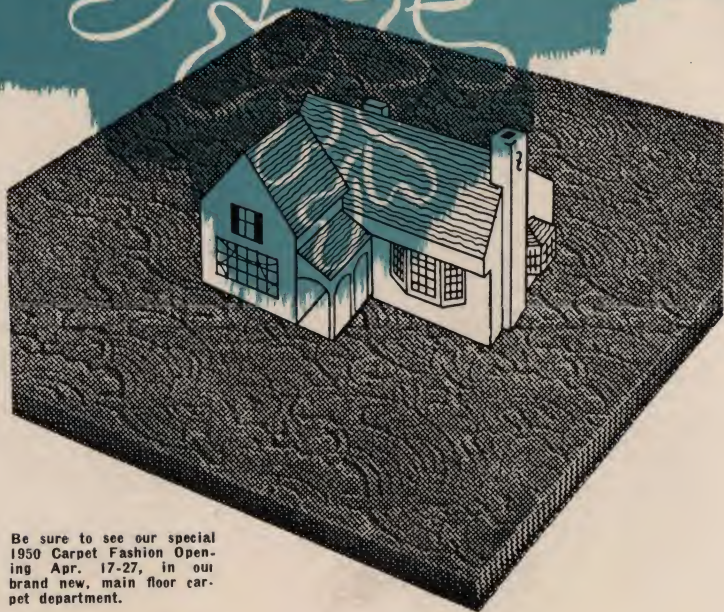


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#### HOW TO MAKE YOUR BEDROOM

## A ROOM OF YOUR OWN

Your bedroom can be more than just a place in which to sleep and store clothes. It can be one of the pleasantest rooms in your home, where you spend many relaxing hours just being yourself.

The rest of the house is a family affair. *Your* room is your own. But does it express your own personality? Is it the restful sanctuary required by every individual to recuperate from the day's hectic activities?

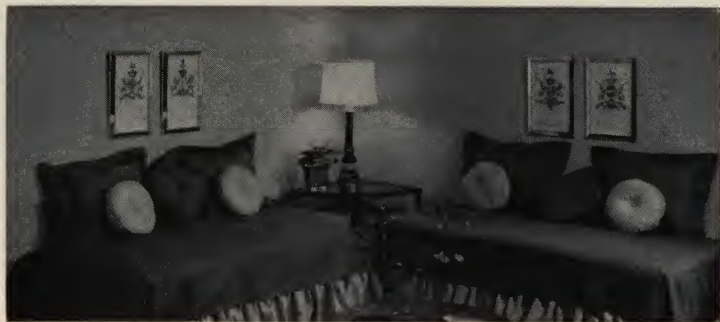
It isn't? All right, let's think over then some of the ways in which your bedroom can become a room that gives you peace and perfect relaxation. Rearrangement, a few added pieces of furniture and a little imagination will do the trick.



*Give a living room touch to one bedroom wall . . . add a breakfast table.*



*Beds arranged corner-wise form a cozy lounge corner.*



First, plan it on paper, pencil-plotting a few effective space-saving arrangements and things to be eliminated before you begin to shift furniture around. The idea is to create a "living corner," if it's no more than a lounge chair with a lamp and side table.

If there's room for a small dining or work table, have one. Informal eating—breakfast on Sundays or cozy suppers from trays — can be pretty and tempting, with you relaxed in a housecoat and slippers.

If there's a view from your bedroom window, feature it. If not, green plants, or scenic designs painted or appliqued on window shades can give you an artificial vista almost as interesting as the real thing.

A corner arrangement of twin beds (with or without headboards, and with sturdy spreads that



*True or false, a fireplace has advantages.*

take well to lounging) will give mom and pop an informal sitting room, when the teen-agers take over the living room of an evening. Add a good reading lamp, the radio and a coffee table for snacks and you should be comfortably set for many a long, quiet hour.

A fireplace in the bedroom needn't be something to dream about. The mantel and hearth as a decorative keynote symbolizes warmth and hospitality. As a central point for effective furniture grouping it has many virtues. What the architect left out you can supply for yourself with one of the realistic fire-mantels generally available (or one can be built at small cost, of beaver-board painted to match the woodwork). You will thus have a prominent space to display personal mementos, hobby motifs, trophies and pictures that mean something to you.



*Tailor a bedroom for work, study . . . or canasta.*

Group a few matching boudoir chairs in front of it all and around a small coffee table and you'll have an inviting new place for more intimate chats, afternoon tea, home study, or what-have-you. The "false" fireplace also makes a good spot to center an electric heater sometimes needed for actual warmth as well as cheer. (Ever try to do homework in a damp, cold bedroom?)

Your bedroom is also your personal library. Bring your favorite books into it for spiritual or moral inspiration. Displayed in decorative cases or storage unit shelves, they can share space with picturesque items of clothing such as riding boots, record albums, sports equipment, etc. and serve as personality decorations.

The bedroom is sometimes a good spot for a permanent game table, which doubles for sewing or other close work, if the room is semi-tailored. And your desk belongs there too, since privacy is a "must" for personal correspondence.

"Semi-tailored" means a slightly tailored look as opposed to too many feminine frills. Walls are often in a dark plain tone, with one papered in a vivid pattern and accessories geometrically arranged, such as several small pictures, tiles, prints, etc.

Converting an ordinary bedroom into a bed-sitting room takes some planning, of course. Spring, however, is the logical time to do it.

So change first your viewpoint, by using your own comfort and need for relaxation as a decorating motif. You'll amaze yourself with the clever room arrangements you will shortly discover, whether in a cramped apartment or a large bedroom.



*A tea cart is handy . . . and decorative against draperies made up of two contrasting pairs.*





## TIP-TOE ON LUXURY...

Nothing gives to a room an air of luxurious living so much as fine floor coverings. There are, in part, few furnishings in the home that give as much genuine use and satisfaction, day in and day out. Your rug, or carpeting (when it's a fairly permanent location) actually also sets the keynote of the whole decorating plan in your home.

There's a growing trend today toward more informal, casual living. Consequently new rug patterns in style now are generally adaptable to country living in town, and vice versa.

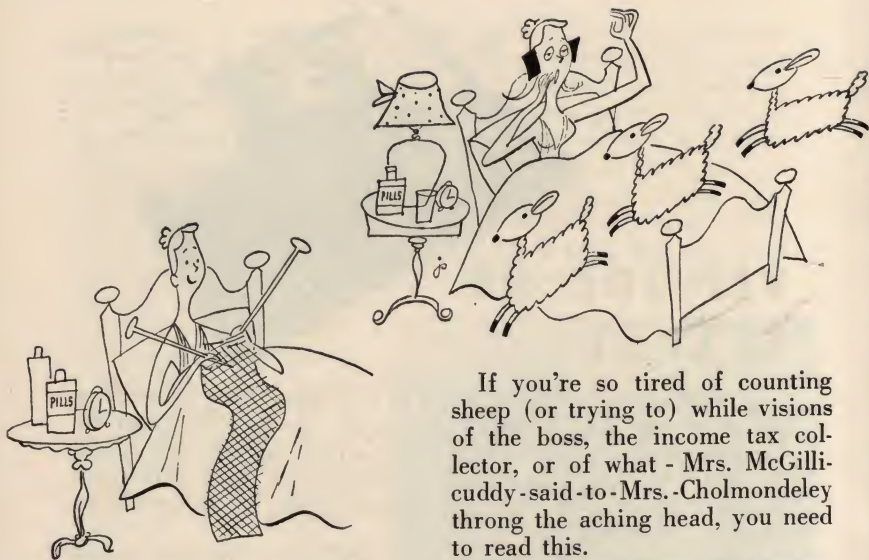
Colors featured are apt to be soft warm neutrals, such as fern green, shell bisque or bayberry gray. And textures are modified to highlight any period in furniture.

It's easier, therefore, to choose the right rug, and in the wide assortment of weaves, hues, piles, and twists available you almost can't go wrong. But to avoid the "almost" here are some decorators' tips on selecting effective floor coverings:

1. In choosing between wall-to-wall carpeting or a center rug, let the condition of the floors decide the issue. If floors are lovely in themselves, it may add charm to let them show.

2. Don't buy too practical a carpeting or rug. Actually, light interesting shades show less dirt than dark tones.

3. Let the architecture of the house determine the type of rug you use. If there is much interest in woodwork, window shapes, ceilings and other construction features, choose a simple, straight-cut pile in a solid color. Decided patterns might be too "busy," and limit the fabric designs used in upholstery. On the other hand, if the architecture and furnishings are suitable, the new sculptured or embossed patterns add mightily to a room's charm.

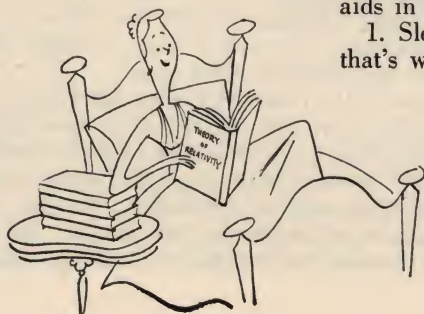


If you're so tired of counting sheep (or trying to) while visions of the boss, the income tax collector, or of what - Mrs. McGillicuddy-said-to-Mrs.-Cholmondeley throng the aching head, you need to read this.

Sleep, blessed sleep—the elusive, deep dreamless sort you long for—can be yours with a little scientific knowledge and a few practical measures.

Assuming you're in fair to middling good health, that you eat a balanced ration of food, and have studied the full effects of nicotine and other stimulants on you personally, here are several important aids in wooing sleep:

1. Sleep in a good bed. (One that's wide, and long enough and





# There are Better Ways than Counting Sheep!

has just the degree of softness you require.)

2. Dress your bed right. (Insomniacs should change sheets as often as possible for the fresh effect, and a touch of your favorite scent on the pillow helps. Have enough blankets for warmth.)

3. Don't sleep in a room decorated in exciting colors.

4. Set your night table. (Have everything—books, water, cigarettes, hankies, knitting, etc.—handy beside you.)

5. Take a bath before going to bed. (A hot water soaking from 10 to 25 minutes induces complete relaxation.)

6. Listen to soft soothing music while preparing for bed—no be-bop!

7. Eat a snack. (And eat lightly. Warm milk helps.)

8. Read yourself to sleep. (Something either very light or heavy in text will do it.)

9. Take a few exercises. (Exercise loosens the muscles.)

10. Take precautions against noise. (If you can't drown out the neighbors, use ear stoppers. Heavier draperies at the window also help.)

11. Pamper yourself. (Any little mumbo jumbo trick is permissible: Dickens' bed always headed due north!)

Alright, now. Hop in!





## *Set in the springtime..*

You wouldn't wear the same, winter-weary dress all summer, would you? Neither should your bedroom. Ideally, the well-dressed bedroom should bear a spring change of apparel. When the heat

goes off, it's time for the light airy frills to go on and tired winter draperies to be stored away till fall.

Along with spring cleaning it's a good time to send rugs to the cleaners, too, and give some thought to cooler, fresher looking floors. If you are not carpeting now, how about a complete change like this? Wallpaper the floor in dark ground pattern with big cabbage roses, for instance, and give it a good coat of shellac. Then scatter throw rugs or use a light-toned, room-size summer carpet.

There are more ways to hang a crisp curtain than you may have yet imagined, and there's something about the spring sun slanting through freshly curtained windows that gives one a whole new outlook on life.

If the bedroom has only one skimpy window, why not supply an extra one? You can do it with a few pairs of inexpensive ruffled curtains matching those at the real window. Tack them up to form a backdrop for a dressing vanity. (Idea: Save one curtain set to skirt the vanity. Left over ruffles can be taped to form a frame for the mirror.)

Bring spring all the way indoors with plants and



*In spring, ruffles take the place of winter draperies under the same valance.*



*Now you see a window where none exists. A trick with curtains forms a vanity setting that lends a room an airy spring look.*



greens, real or otherwise. Several bunches of artificial blooms make effective sprays used as curtain tie-backs. Meanwhile you've put away the knick-knacks you've looked at all winter, for a real change of bedroom scenery. (Idea: Plant hyacinth bulbs in pottery bowls. You'll enjoy their night-time fragrance. Pussy willows and greens on your night table will give the room a new feeling of spring, too.)

If you're one of those women (and who isn't?) itching to change the furniture about, it's a sure sign of spring. Go to it, but remember the hot weather ahead, and arrange the room to look calm and collected when you're not. (Idea: Dark green window shades, in addition to the ones you have, create cool quarters when the heat's on. Also choose summer draperies and spreads of cool surfaced fabrics like chintz.)



*Spring is a bunch of balloons. These are cutouts pasted on with strings anchored near Junior's trundle bed.*





*A bookcase for a bed headboard! You have a means for perfect lighting plus a place for bedside equipment AND an important looking bed.*

You can give your room that freedom-from-four-walls feeling with new wall treatments. The walls may still be there, but the outlook can be different, more expansive. Scenic wallpaper on one wall, contrasting with three plain-colored ones, provides a distant outlook. Photomurals of outdoor scenes are new, and if you've an artist in your set — there's no limit.

Maybe you've been wanting a new bedroom suite for years. If so, there's no better time than spring to give your bedroom a completely new look. If you're modern-minded you'll especially like some of the new, lighter finishes such as beiges and greys that are available today. What's more, you'll find that your dollar today will buy greater values than for many a year. Why not see the new styles before you begin your springtime changeover.



*An extra fold away bed comes in mighty handy for summertime guests.*

# You can Rest Easily....

IF YOUR  
MATTRESS  
IS RIGHT...



Maybe you don't live in the biggest house in the block, or maybe you can't afford to drive the flashiest car in town, but there is one great luxury of life that is within the reach of every homemaker and her pocketbook . . . a good mattress. There is probably nothing you can buy from which you will derive so much true comfort for so little money.

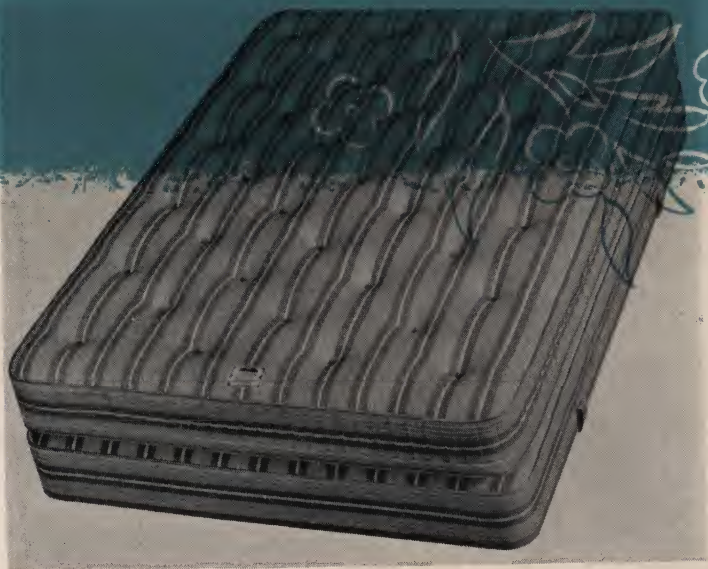
A good mattress isn't hard to find, if you know exactly what you're looking for. As a guide, here are 5 qualities to seek in a mattress—either coil or innerspring:

1. *Resilience.* When pressure is applied, a good mattress springs instantly back into position.
2. *Noiselessness.* No parts of the mattress should "creak."
3. *Buoyancy.* The mattress should furnish adequate body support without sagging.
4. *Good Tailoring.* Mattresses are upholstered in 3 styles—tufted, tuftless, and quilted. They should have strongly reinforced borders, and ventilation to allow for free passage of air.
5. *Durable covering.* Mattress fabrics should be heavy and closely woven so they will not stretch with constant use.

If you haven't thought seriously about bedding for years, you should. Maybe you can save yourself some of those sleepless, nerve-wracking, half restful nights simply by replacing that old mattress. Does your present mattress support you properly? Is it level and free from hollows or lumps? Do you have the right mattress and spring combination?

If your answer to any of these questions is "no," a new mattress will give you a new outlook on life.





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